

# SAFE & RESPONSIBLE USE



## Is it possible overdose on cannabis?

Cannabis poisoning or cannabis toxicity is rare but possible. Cannabis use under safe and normal circumstances can result in desirable effects, such as feelings of well-being, mild disorientation, and increased appetite. Overconsumption, however, can cause excessive sleepiness, an inability to move, confusion, paranoia, hallucinations, delusions, rapid heartbeat, and loss of consciousness. Safe use is critical.



## What should I do if I accidentally over ingest cannabis products?

In the event of accidental ingestion, or overconsumption of cannabis products contact Poison Control at 1-800-222-1222 to speak immediately with a healthcare provider.



## Who should avoid cannabis?

- Anyone under the legal age of 21 years old
- Anyone pregnant and/or breastfeeding
- Individuals who are prone to, have an existing, or who have a family history of psychosis or other mental health conditions.



## How safe is it to smoke cannabis products?

Avoid smoking cannabis. Smoking can cause irreparable damage to your lungs and respiratory system.



## Where is it safe to purchase cannabis products?

Select smart. Ensure that you only purchase your cannabis products from licensed alternative treatment centers and dispensaries. A list of dispensaries is available on the New Jersey Cannabis Regulatory Commission's website.



## How do I know how I will react to cannabis products?

You don't. Start low. Go slow. New users in particular should start with low potency and small quantities until they've learned the effects on their body. This is also good practice when trying any new products. Wait for at least two hours before consuming more cannabis in any form, and use in moderation.



## Is it ok to mix other substances with cannabis products?

Combining cannabis and other psychoactive substances (like alcohol) will significantly increase impairment and could cause additional health risks.



## How long does it take to feel the effects of cannabis products?

Depending on many factors – like how much someone weighs, whether they've eaten or not, if they are drinking alcohol, and their health condition and metabolism - it may take up to four hours to feel the full effects of edible cannabis products – much longer than vaping or smoking. The effects may also linger longer than other methods of cannabis consumption. For example:

- Smoked cannabis takes effect within a few minutes of inhalation and fades quickly if not re-inhaled
- Vaped cannabis may be the same as smoked, or faster
- Edible cannabis may take 1-2 hours for effect, but can last for several hours

Overconsumption of edibles will have the same side effects (such as anxiety, paranoia, delusions, rapid heartbeat, and respiratory depression) as overusing other forms.



## Are all cannabis products the same?

Be informed about the types, strains, strengths of cannabis products before you use. Although there is variance among different cannabis and strains, generally a serving of 10mg of THC is a safe starting point for adult users. Check packaging labels for serving size and for THC levels.



## How should I store my cannabis products and paraphernalia?

Store all cannabis products and paraphernalia safely and securely away from children and pets; preferably locked. Edibles that look like baked goods or candy are especially prone to accidental ingestion and should be clearly labeled and stored separately from other food products.



## Is it okay to drive after using cannabis?

No! Cannabis impairs hand-eye coordination, depth perception, balance, response time and judgement – all skills you need to be a safe driver. Do not drive while using, or for several hours after you have used. Plan to stay home, have a friend drive you, use a car service, or use public transportation.

High driving is impaired driving and the consequences for driving high on cannabis are the same as for driving drunk. Driving under the influence of cannabis or alcohol can be lethal – and the combination of the two is worst of all. Combined alcohol and cannabis-impaired driving is deadly.



## Can I use cannabis while I am at work?

Enjoy recreational cannabis during times of recreation. The effects of cannabis use can impact the ability to perform work functions well, to concentrate, to handle equipment, and to make reasonable decisions. Being impaired at work may also violate the terms of your employment and could result in termination.



## Last Updated on November 10, 2021

The information on this flyer is not to be considered medical or legal guidance and may become outdated and inaccurate. Consult a doctor for all matters relating to your health and wellbeing.